

Norfolk

VIRGINIA



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PROJECT HOMELESS CONNECT

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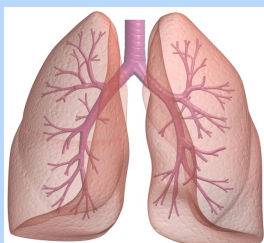
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On behalf of the City of Norfolk and especially the staff of the Office to End Homelessness, please know how much we appreciate all of your time, your efforts and especially the love you shared to make Project Homeless Connect a huge success.

In total, the early returns show that 417 people completed intake packets and while additional information is still arriving, here are just some of the other statistics from PHC-15:

- There were an estimated 550 volunteers in total at the event;
- Attendees received at least 1,633 direct client services ranging from dental and eye care to housing, legal, veteran and employment services;
- 390 total people came into the medical area, accessing 92 cholesterol/glucose screenings; 72 hygiene education opportunities;
- 64 Body Mass Index screening and education; 18 pharmaceutical guidance opportunities (disclosing duplications in prescriptions, helping clients understand what they were taking, and assisting clients with finding medication assistance); 16 smoking cessation referrals; 214 Blood Pressure screenings; 18 flu vaccinations given; and 97 hygiene kits distributed. These kits were put together by donations from Norfolk MRC volunteers;
- 97 people received dental care from Park Place Dental with 47 people having teeth extracted; and
- 190 people had vision screenings by the Norfolk Lions Club with 36 receiving referrals for additional eye services and 79 for eyeglasses. ***Great work - Thank You MRC Volunteers!***





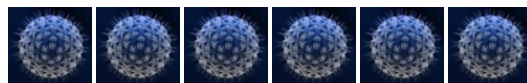
Links to Look At:

Fifty years ago the landmark Surgeon General's Report concluding that smoking causes lung cancer was released.

Smoking rates in this country have dropped dramatically, but tobacco use remains the leading cause of preventable death, so more needs to be done. Visit <http://www.surgeongeneral.gov/> to learn more.

Exposure to indoor radon, a colorless, odorless radioactive gas, is thought to be the second leading cause of lung cancer -- and the leading cause of lung cancer among people who have never smoked. Exposure to radon may cause as many as 700 cases of lung cancer each year in Virginia. Visit the Radon webpage at www.vdh.virginia.gov/epidemiology/radiologicalhealth/radon/index.htm.

Be Kind to Your Microbes



By Lisa Billow, NMRC Volunteer

I recently volunteered to participate in the American Gut Project. I will get a kit to sample the microbes on my skin, mouth, or gut. The sample will be analyzed and compared to 6,000 others who have participated. There are microbes in our body, a pound or two in our intestinal tract, that are not only our friends but also critical to maintaining our health. We have been waging a war on them with antibiotics, disinfectants and hand sanitizers when we attempt to remove harmful pathogens. I am interested to know the relative diversity of my microbial community because diversity is probably a good indicator of a healthy community.

An exciting frontier in health research is the Human Microbiome Project. It is the study of our microbial genetic material. Ninety-nine percent of our genetic material is microbial. These microbes are performing services to our body such as the manufacturing of substances: neurotransmitters; enzymes, vitamins B and K, and other essential nutrients (including important amino acid and short-chain fatty acids). Microbes are integral to our immune and metabolic systems and possibly in regulating our stress levels.

Low diversity or "bad" microbes may contribute to chronic diseases, as well as some infections. Correla-

tions are found between gut microbes and a list of ailments including: type 2 diabetes, obesity, inflammation, inflammatory bowel diseases, cardiovascular disease, autoimmune diseases, and others. For example, obese mice transplanted with the intestinal community of lean mice lose weight and vice versa. We can anticipate a day when diagnosis of disease will involve the analysis of microbes in our body and the remedy will include a formulated microbial prescription.

Microbes thrive on fiber. This may be why unprocessed whole foods, fruits and vegetables are good for us. They nourish healthy microbes that take care of us. Kissing the dog, handling earth worms, or eating unwashed wild fruits may increase the diversity and the health of our microbiome.

I have not needed to take an antibiotic for some years so I am curious to see if my microbial community is reflective of a high fiber diet and plenty of time spent outdoors where I could have picked up some beneficial germs.

References

Pollan, M. (2013). *Some of My Best Friends Are Germs*. Retrieved from http://www.nytimes.com/2013/05/19/magazine/say-hello-to-the-100-trillion-bacteria-that-make-up-your-microbiome.html?pagewanted=all&_r=0

<http://humanfoodproject.com/>

Upcoming Training and Activities

FEBRUARY

2/17 George Washington Day, NDPH/NMRC offices closed.

2/19 CERT training, 6:30-9:00P Wednesday evenings. Please contact Scott Mahone at scott.mahone@norfolk.gov to register.

2/25 Special Needs in Emergencies: Alzheimer's and dementia, 6:00-8:00P, Virginia Beach Health Dept. Please see sidebar this page for more information. This is a VA MRC polycom (videoconference).

MARCH

3/5 Intro to Mental Health Preparedness, 6:30-9:30P, Norfolk Health Dept.

3/6 Town Hall Preparedness Series: Business Continuity. 6:15-8:15P. More information to come.

3/8 Mass Casualty Incident Management Training, 9:00A-2:00P, Tidewater EMS Council.

3/11 Statewide tornado drill. More information to come.

3/21 BLS certification, 8:30A-12:30P, Virginia Beach Health Dept. *Certification is free but seats are limited.*

APRIL

4/03 Town Hall Preparedness Series: Tsunami! Can it happen here? 6:15-8:15 P. More information to come.

4/07-4/13 National Public Health Week/National Volunteer Week

4/10 NMRC Level 1 Leadership Meeting, 9:00-11:00A, Norfolk Health Dept. *Agenda will be sent to all Level One volunteers closer to meeting date.*

4/23 MRC Dessert Meeting: Mosquitoes 101, 6:30-8:00P, Norfolk Health Dept.

Please register for all activities through Linda unless noted otherwise.

Prevention Status Reports

The CDC has released the 2013 Prevention Status Reports, which consist of individual reports for all 50 states and the District of Columbia on 10 key health problems. MRCs can use these reports for tips and tools to help target and improve key health problems in their state. Each report describes the public health problem, identifies potential solutions, and reports the status of those

solutions for each state and the District of Columbia using a rating scale. Visit <http://www.cdc.gov/stltpublichealth/psr/overview.html> to access these reports.

We hope you find them to be a useful tool for the pinpointing areas of need and planning of initiatives and activities to support your communities.

~DCVMRC National Office

Special Needs in Emergencies: Alzheimer's and Dementia

Over 5 million Americans are living with Alzheimer's, and as many as 16 million will have the disease in 2050. Nearly one in every three seniors who dies each year has Alzheimer's or other dementia. Assisting seniors with these conditions during emergencies can be challenging.

Become a more compassionate and caring community member and volunteer by attending this informative and interactive session to learn: what is Alzheimer's and dementia; how to interact with individuals with Alzheimer's and dementia; family preparedness for individuals with Alzheimer's and dementia; special considerations for planning and response.

Presenter:

Mary Ann Johnson, M.A., Program



Volunteer Spotlight

January was jam-packed with a number of different trainings and events, and you all did a fantastic job of taking care of business and getting the work done. Thank you for a great team effort!!

Thank you to **Sean Hess** for help in preparing for the BLS Trainer course, and to **Sean, Tina Nguyen, Shatada Floyd-White, Clarissa Smith, and Jeanell Webb** for completing the trainer course, as well as **LaChandra Hale** for completing the BLS certification in Virginia Beach.

Thank you to many for administrative functions: **Michelle Fuller, Peggy Troyer, Jim Hahn, and Ellie Mosholder** for their time and valuable feedback at our quarterly Leadership meeting; **Sean Hess and Ellie Mosholder** for becoming “Intro to Mental Health Preparedness” facilitators; **Alisha Anthony** for providing amazing assistance in the MRC Office; **Lisa Billow** for providing ACA counseling to the uninsured; **Ann Straus** for her *many* months of time in collecting and preparing donations for Homeless Connect, as well as the assistance of **Don & Renee Genora, Jac Thomas, and Ken Hart** in helping Ann to assemble the hygiene kits; and to **Tom Russel, Sean Hess, and Shatada Floyd-White** for taking the time to practice their fit testing skills at the Nursing Skills Assessment.

Thank you to everyone who

made Homeless Connect a success: **Dorolyn Alper, Alisha Anthony, Teresa Beyer, Amanda Chance, Johnnie Collins, Dexter David, Don Genora, Renee Genora, Sean Genora, Scott Gerwe, Jim Hahn, LaChandra Hale, Mollie MacKenzie, Catherine Mallet, Tina Nguyen, Tavia Petway, Ann Straus, Jac Thomas, Peggy Troyer, Jeanell Webb, and Pat Williams.**

Thank you to **Shatada Floyd-White** for her diligent work on the Nursing Skills Assessment, and to nurses **Renee Genora, Jeanell Webb, Joan Lamp, Dorolyn Alper, Jane Richardson, Denise Watson, and Sean Hess** for demonstrating their skills.

Thank you to some folks who spend some regular time in public health work, **Alisha Anthony** for her facilitation of the Abstinence Program, and **Pat Jennings** for her work with the STI clinic.

Thank you to those who attended the Annual Meeting last weekend: **LaChandra Hale, Brittany Sumner, Michelle Moorhead, Peggy Troyer, Sean Hess, Don, Renee & Sean Genora, Michelle Fuller, Shatada Floyd-White, Jim Hahn, Iris Diaz, Alisha Anthony, Leah Brown, Mollie MacKenzie, Johnnie Collins, Jagdeesh Ullal, and Tavia Petway**—I had so much fun with you!

Thank You!

Congratulations to (top to bottom) **LaChandra Hale and Sean Genora** for completing all of their Level Two training, and to **Don Genora** for completing Level One training; all earned their Go Bags, MRC Shirts, and Badges. Below, the winning team from the Annual Meeting took home \$1M—in chocolate—for guessing the correct dates of MRC events. *Way to go!*

